

SCHEDULE OF THE WINTER 2010 FITNESS CLASSES

	<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
5:00 AM							
		Spin W/Mary (5:30 AM)	Spin W/Adrienne (5:45AM)	Spin W/Elle (5:45AM)	Spin W/Adrienne (5:45AM)		
6:00 AM						Spin W/Sheila (6:15AM)	
7:00 AM							Spin W/Mary (7:00AM) Boot Camp Interval Class W/Patty & Barbie (7:00AM) <small>Start Date: January 9, 2010</small>
8:00 AM							
	Spin W/Carol (8:30AM)	Body Sculpt Transformation W/Tory (8:30 AM) <small>Start Date: January 25, 2010</small>	Spin W/Sheila (8:30AM)	Spin W/Polly (8:30AM)	Spin W/Sheila (8:30AM)		Spin W/Carol (8:30AM)
9:00 AM		Boot Camp Body Blast W/Tory (9:30 AM)	Cardio Pump W/ Barbie (9:00 AM)			Cardio Pump W/ Barbie (9:00 AM)	YOGA W/JEN (9:00 AM)
		Hatha Yoga W/ Phyllis (9:30 AM)	Spin N' Sculpt W/Tory (9:30AM)		Hatha Yoga W/Phyllis (9:45 AM)	Spin W/Polly (9:00 AM)	Spin N' Sculpt W/Tory (9:30AM)
10:00 AM				Hatha Yoga W/ JEN (10:00 AM)		Spin W/Amy (10:15)	
3:00 PM							
4:00 PM			Teen Spin (4:00 PM) <small>Start Date: January 20, 2010</small>		Easy Rider W/Carol (4:00 PM)		
5:00 PM		Spin Plus W/Carol (5:00PM)	Zumba W/Gina (5:30 PM)	Spin Plus W/Carol (5:00PM)	Having a Ball, On the Ball W/Carol (5:00 PM) <small>Start Date: January 21, 2010</small>		
6:00 PM				Tae Box W/Loretta (6:00 PM) <small>Start Date: January 13, 2010</small> Spin W/Amy (6:30 PM)	Cardio Pump W/Barbie (6:00PM)		
7:00 PM			Spin W/Ginger (7:00PM)		Spin W/Ginger (7:00PM)		

Tickets for all classes are available in the Fitness room or upstairs in the Recreation Office. Childcare tickets are available in the Childcare room or upstairs in the Recreation Office.